

CONSUMER STUDIES

GRADE 11

TERM 2

Dear Learners.

Please compile notes/mind maps of the following, using your textbook. Each day on a new page please.

Miss you guys.

PS

	MONDAY 20/04	TUESDAY 21/04	WEDNESDAY 22/04	THURSDAY 23/04	FRIDAY 24/04
FOOD AND NUTRITION	<u>FUNCTIONS AND SOURCES</u> Protein, carbohydrates, lipids and water	<u>FUNCTIONS AND SOURCES</u> Macro- minerals	<u>FUNCTIONS AND SOURCES</u> Micro- minerals	<u>FUNCTIONS AND SOURCES</u> Water soluble Vitamins C and B	<u>FUNCTIONS AND SOURCES</u> Fat soluble Vitamins A, D, E and K
	MONDAY 27/04	TUESDAY 28/04	WEDNESDAY 29/04	THURSDAY 30/04	FRIDAY 01/05
FOOD AND NUTRITION	<u>NUTRITIONAL NEEDS</u> Babies, toddlers Young children Young adults	<u>NUTRITIONAL NEEDS</u> Pregnant and lactating mothers The elderly Convalescing individuals	<u>ENERGY NEEDS</u> Basic metabolic rate(BMR) Energy needs	<u>What is</u> <u>RDA</u> <u>DRI</u> <u>MRC</u>	<u>FOOD CONTAMINATION</u> Causes Prevention Control measures Symptoms of food poisoning. How to treat it.